jack.org

Training and empowering young leaders to revolutionize mental health.
we want... a Canada where every young person reaches out for the help they need and gets the help they deserve.

so we built... Canada’s only national network of young leaders revolutionizing mental health.

jack.org
program goals

we...

Increase youth capacity for mental health leadership and advocacy.

Connect a national network.

so young people can...

Reduce youth-identified barriers to help-seeking.

Increase mental health knowledge, improve attitudes towards mental health, improve youth access to mental health.
our approach.

- youth leaders
- youth population
- jack.org
- national movement
/2500 young leaders
/85% training outcome
/165,000 youth reached
/Every Province and Territory
@jackdotorg
thank you.